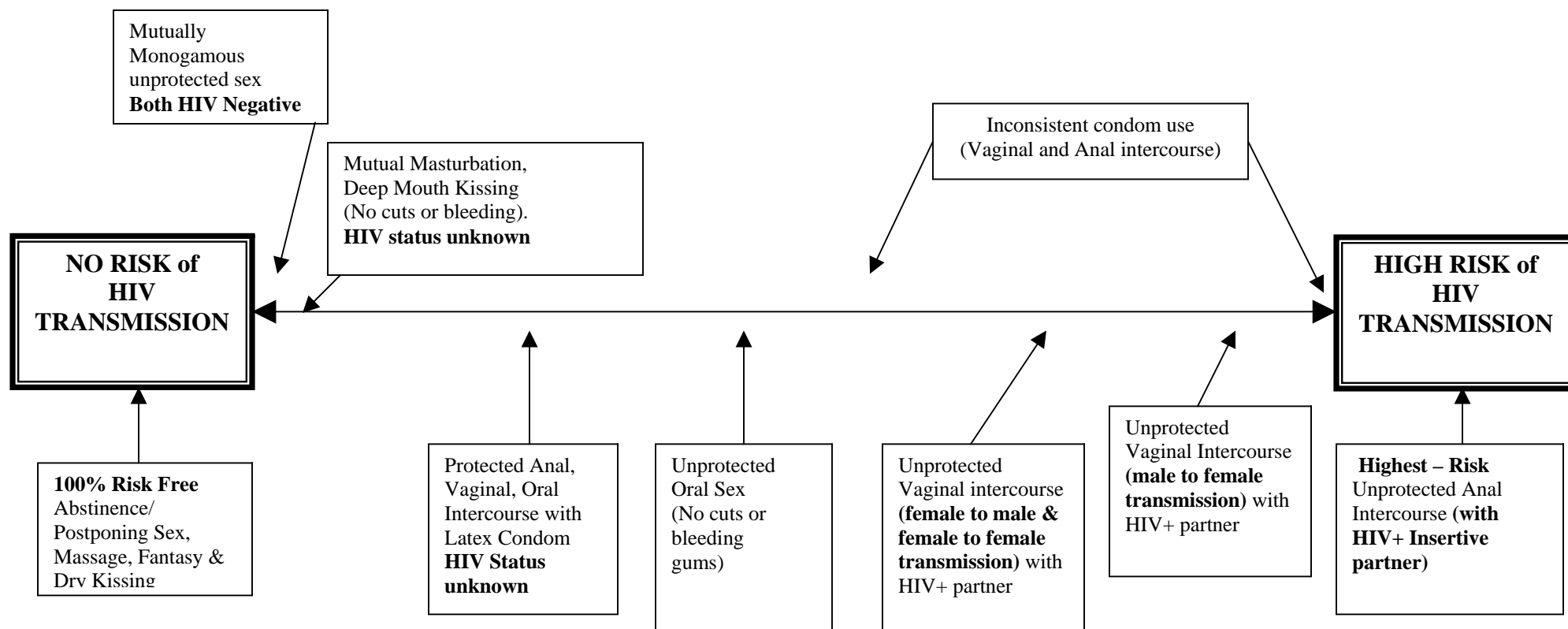


HIV/AIDS RISK REDUCTION – Continuum of Risk

Is “safe sex” possible? And just what is “safer sex?”

An individual’s risk of contracting HIV/AIDS usually results from his or her own behavior, but not all behaviors are equally risky. An important concept in HIV prevention centers on the differences between a risk that provides only a biological or theoretical possibility of transmitting HIV and those risks that result in most of the reported cases. Risky behaviors can be viewed from those, which have a low risk to those, which have a high risk for transmitting HIV. HIV prevention is centered on a step-by-step process of reducing a person’s risk, over time, as much as that person is able to. The continuum assists us in helping the person reduce his/her risk by providing us with areas a person can change behaviors based on level of risk.



It is important to note that activities that are lower risk for HIV infection (e.g. unprotected oral sex) are still high risk for other sexually transmitted diseases (e.g. gonorrhea, chlamydia, herpes).

Abstinence is the only 100% way to prevent HIV infection, STDs, and unplanned pregnancy